

(TMI Focus, Vol. XXX, Nos. 3 & 4, Summer/Fall 2008)

A METATONIC JOURNEY WITH HEMI-SYNC®

by Ali Kesanto

After deciding that law school wasn't for him, Ali Kesanto dropped out of university and studied information technology. For several years he did computer systems design and consultation for companies like Nokia and Accenture. Then he gathered his courage and turned to his first love—music creation and production—founding his own record company, Cheeky Punster, in Helsinki, Finland. Along the way, he explored his spiritual side and discovered Hemi-Sync® through Bob Monroe's books. Experimentation with Hemi-Sync took Ali's musical creativity to new heights, and he shares that story in this article. He became a TMI professional member in August 2007.

I have always been drawn to the mystical side of life and felt the need to dig deeper into different feelings and experiences. My childhood piano lessons—focused on music theory and playing others' compositions—frustrated me. At last my frustration boiled over, and I dropped the lessons completely. This was not what I wanted or what I was meant to do. I desired to create, rather than copy.

In my early twenties, I discovered music that resonated with me in new and exciting ways. Artists like Björk, Tricky, Massive Attack, Nine Inch Nails and Radiohead ignited the musical spark once again, because they were expressing their “soul sceneries” freely without any theoretical constraints. That started me enthusiastically thinking and dreaming about music creation. Soon a friend at work lent me his two synthesizers while he was on a two-month holiday. There was no turning back. The universe had kindly responded to my thoughts and provided the tools to create my heart's desire. It was a grand lesson on the power of thought, which I learned more about later on.

I started to pour my interpretations of life through different musical instruments and synthesizers and was very happy with the music, but I still felt the need to dig deeper into human consciousness and needed a bit of guidance. I had just started to meditate on a daily basis and got an urge to visit the library. Between the vast bookshelves, certain books drew me to them. My reading road trip took the following route: Paulo Coelho►Julia Cameron►Sonia Choquette►Wayne W. Dyer►José Silva►Carlos Castaneda, and finally Robert Monroe. At the same time I was introduced to quantum and theoretical physics, and this later provided the means to connect my metaphysical experiences to theories about the physical world.

Reading about Robert Monroe's out-of-body experiences blew me out of orbit completely. The stories were different from anything I'd ever read but still felt strangely familiar. I started studying the techniques to induce conscious OBEs and—after a few weeks of energy body

training—had my first OBE. I found myself in a strange position within my physical body, made a somersault inside myself, and ended up beside my bed, wondering what had just happened. Quickly gazing around the room, I tried to imprint the memory and dove back into my body. After my first OBE, I now knew this stuff was real. Suddenly I remembered quite a lot of OBE activity as a kid: vivid “dreams” where I was inside the house meeting strange people/spirits. It became clear to me that I had actually been wandering in an out-of-body state.

While learning about OBEs, I met a medium who kindly offered to do a session and look at my previous lives. In the middle of the session she told me there was a spirit hanging out in my “spirit space.” It turned out that the spirit had followed me my whole life because he had wanted to be born in my physical body. In my “dreams,” it felt like he’d tried to pull my soul out of my body. Through the medium I was able to make a truce with the spirit, who was content to be acknowledged. It felt good to have an explanation of my strange experiences in the nonphysical world, because they had always felt more “real” than plain dreams.

While working on the *Vast Days: Metatonic* album, I purchased Joe Gallenberger’s *SyncCreation*® course, which resonated with me immediately. The Hemi-Sync CDs were ideal for learning to create and manifest things in physical reality. They kept my mind focused on music creation and on the feelings I wanted to transmit into my music. Through the exercises, it became a lot easier to get into a relaxed creative-flow state with a clear mind ready for composing. *SyncCreation* also had exercises for practicing psychokinesis, and there were many exhilarating discoveries of how my feelings and intention could affect three-dimensional (3D) reality.

Using the Hemi-Sync CDs triggered many spontaneous OBEs and lucid dreams. In my adventures in the other realms, I had to learn new ways to maneuver. With tips from Robert Monroe’s books and from Carlos Castaneda’s *The Art of Dreaming*, I managed to get a grip on the “new physics” and move by concentrating my thoughts. These intense, different levels of consciousness were channeled into music, clearly the ultimate medium to describe my journeys and new mystical feelings.

In the process of creating songs, I came across Yoko and Kathleen on the Internet. Listening to their music and mesmerizing voices on MySpace, I connected with them and—strangely—felt as if we already knew each other. I intuitively approached them, and our collaborations flowed very smoothly. My compositions and lyrics allowed them to find new aspects of themselves, while I gained enormous inspiration from their presence and voices.

When creating *Vast Days: Metatonic*, my first goal was to be my true, authentic self. By recording the music that surfaced when exploring the nonphysical and connecting with my Higher Self, I hoped to create something that would inspire and empower people engaged in the same quest. There was also a thought that the music would resonate with my own soul

family and perhaps give them beautiful echoes from the places that we share—even when we are physically separated here in 3D. I feel strongly that I am here on earth to integrate the human experience with my Higher Self. Because the whole process of creating *Vast Days* album was about keeping my brain out of the way, I have few recollections of the recording process. I just kept on meditating, kept on experiencing, and kept on channeling it all into music.

The songs flowed effortlessly as I concentrated on being in the right vibrations. The outcome was quite magical, as the album stands firmly between the physical and ethereal, providing glimpses of the different facets of our human experience.

[To learn more about Ali's music, visit www.cheekypunster.com]

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 2008 by The Monroe Institute